

# HER-STORY:

## A WRITING WORKSHOP FOR WOMEN

WITH DANIELLE FOWLER, M.A.

*Everyone carries a meaningful story.*

Our lives are woven with moments of beauty, inspiration, and possibility—alongside heartbreak, challenge, and change. When we slow down and put pen to paper, we create space to remember, heal, and grow. Sharing an afternoon in community, surrounded by supportive women, allows storytelling to become both brave and nourishing. Through guided meditation, we'll connect with our inner wisdom, and writing prompts to spark creativity, we'll spend intentional time uncovering and honoring your unique story.



Sunday, February 22

2:00pm - 4:00pm

@ True Nature Yoga Collective

Bring your favorite journal and pen.

Fee: \$49.00 PLEASE PRE-REGISTER

760-458-4517 TrueNatureYoga.com

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